

**HEALTH INFORMATION:**

**Client Name:** \_\_\_\_\_

**Massage Information**

Have you ever received professional massage/bodywork before? Yes  No

How recently? \_\_\_\_\_

What types of massage/bodywork do you prefer \_\_\_\_\_

What kind of pressure do you prefer?      Light              Medium              Firm

What are your goals/expected outcomes for receiving massage/bodywork?

How do you feel today?

List and prioritize your current symptoms/issues (stress, pain, stiffness, numbness/tingling, swelling, etc.):

Do these symptoms interfere with your activities of daily living (e.g., sleep, exercise, work, childcare)?

Yes  No     Explain: \_\_\_\_\_

List the medications you currently take:

Are you wearing contacts?                      Yes  No

Are you wearing dentures?                      Yes  No

Are you wearing a hairpiece?                      Yes  No

Are you pregnant?                                  Yes  No

Do you have HIV/AIDS?                              Yes  No

Have you had any injuries or surgeries?      Yes  No

Explain: \_\_\_\_\_

Circle any of the following health conditions that you currently have (If you are unsure, please ask):

***blood clots, infections, congestive heart failure, contagious diseases, pitted edema***

Please answer honestly, as massage may not be indicated for the above conditions.

**Please indicate conditions that you have or have had in the past. Explain in detail, including treatment received:**

Current Past    Muscle or joint pain \_\_\_\_\_

Current Past    Muscle or joint stiffness \_\_\_\_\_

Current Past    Numbness or tingling \_\_\_\_\_

Current Past    Swelling \_\_\_\_\_

Current Past    Bruise easily \_\_\_\_\_

Current Past    Sensitive to touch/pressure \_\_\_\_\_

Current Past    High/Low blood pressure \_\_\_\_\_

Current Past    Stroke, heart attack \_\_\_\_\_

**Health Information continued**

**Client Name:** \_\_\_\_\_

- Current Past Varicose veins \_\_\_\_\_
- Current Past Shortness of breath, asthma \_\_\_\_\_
- Current Past Cancer \_\_\_\_\_
- Current Past Neurological (e.g. MS, Parkinson’s, chronic pain) \_\_\_\_\_
- Current Past Epilepsy, seizures \_\_\_\_\_
- Current Past Headaches, Migraines \_\_\_\_\_
- Current Past Dizziness, ringing in the ears \_\_\_\_\_
- Current Past Digestive conditions (e.g. Crohn’s, IBS) \_\_\_\_\_
- Current Past Gas, bloating, constipation \_\_\_\_\_
- Current Past Kidney disease, infection \_\_\_\_\_
- Current Past Arthritis (rheumatoid, osteoarthritis) \_\_\_\_\_
- Current Past Osteoporosis, degenerative spine/disk \_\_\_\_\_
- Current Past Scoliosis \_\_\_\_\_
- Current Past Broken bones \_\_\_\_\_
- Current Past Allergies \_\_\_\_\_
- Current Past Diabetes \_\_\_\_\_
- Current Past Endocrine/thyroid conditions \_\_\_\_\_
- Current Past Depression, anxiety \_\_\_\_\_
- Current Past Memory Loss, confusion, easily overwhelmed \_\_\_\_\_
- Comments: \_\_\_\_\_

**Consent for Treatment**

If I experience any pain or discomfort during this session, I will immediately inform the practitioner so that the pressure and/or strokes may be adjusted to my level of comfort. I further understand that massage/bodywork should not be construed as a substitute for medical examination, diagnosis, or treatment and that I should see a physician, chiropractor, or other qualified medical specialist for any mental or physical ailment of which I am aware. I understand that massage/bodywork practitioners are not qualified to perform spinal or skeletal adjustments, diagnose, prescribe, or treat any physical or mental illness, and that nothing said in the course of the session given should be construed as such. Because massage/bodywork should not be performed under certain medical conditions, I affirm that I have stated all my known medical conditions and answered all questions honestly. I agree to keep the practitioner updated as to any changes in my medical profile and understand that there shall be no liability on the practitioner’s part should I fail to do so. I also understand that any illicit or sexually suggestive remarks or advances made by me will result in immediate termination of the session, and I will be liable for payment of the scheduled appointment. Understanding all of this, I give my consent to receive care.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature (in case of a minor): \_\_\_\_\_ Date: \_\_\_\_\_